

# Arizona Refugee Health

## POINTS OF INTEREST:

- Check out the new Arizona Refugee Health website at [AZrefugeehealth.org](http://AZrefugeehealth.org)!
- If you would like to subscribe to the newsletter, please email [Zachary.Holden@azdhs.gov](mailto:Zachary.Holden@azdhs.gov).

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## Community Spotlight: Bhutanese Community Health Promoters

This summer, community members in Tucson came together once again to expand a project initiated in 2011 to improve the health of Bhutanese refugees. The goal of the project is to train Bhutanese refugees as Community Health Promoters to conduct outreach in nutrition and diabetes education as well as women's health promotion. The project is a collaboration between the Pima County Health Department (PCHD), the Bhutanese Mutual Assistance Association of Tucson (BMAAT), the Arizona Nutrition Network, and the Mel & Enid Zuckerman College of Public Health at the University of Arizona. Dr. Karen Heckert and Master of Public Health student Kristen O'Flarity, from the UA College of Public Health, have been working closely with BMAAT leaders and PCHD staff to add nutrition and



**Bhutanese Community Health Promoters and training staff after a successful training event.**

diabetes education to this model of community capacity building.

### Training

On June 29, eleven Bhutanese refugees participated in an all-day, intensive nutrition and diabetes education training to become Community Health Promoters. Staff from PCHD and the Arizona Nutrition Network trained the Bhutanese community members

on how to connect other Bhutanese refugees to local resources, such as the Women, Infants and Children (WIC) program. Through interactive activities, the Bhutanese community members learned how to conduct educational outreach on healthy eating, physical activity, diabetes prevention and management, and breastfeeding awareness. Ms. Kamana Khadka, a native Nepali and cultural competency consultant in Phoenix, provided lessons for maintaining healthy cultural dietary traditions in the United States. At the end of the training day, the new BMAAT Community Health Promoters were awarded certificates in nutrition and diabetes education. The training continued on July 20, when the BMAAT Community

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## The new AZ Refugee Health website has launched!

We are pleased to announce that the Arizona Refugee Health website has been revamped! Please visit the new website at [AZrefugeehealth.org](http://AZrefugeehealth.org).

The website includes resources for refugees, case managers, health care providers, and any community members interested in learning about refugee health and refugee resettlement in Arizona.

### Resources of Interest:

- Translated health literacy

materials for refugees in the top 12 languages for Arizona.

- Instructions for case managers on how to enroll refugee clients in various health-related programs.
- Cultural competency resources for health care providers serving refugees.
- Contact information for local Resettlement Agencies, Ethnic Community Based Organizations (ECBOs), Faith Based Organizations (FBOs), and other Refugee Partners actively serving refugees.

- Public health statistics and reports from the Refugee Health Coordinator.
- Information about local interpretation and translation service providers.
- A calendar of community events in Phoenix and Tucson.

We hope the website can serve as a hub for information and resources related to the health and wellness of refugees in the state of Arizona. Feedback is always welcome.

# Bhutanese Community Health Promoters

(Continued from page 1)

Health Promoters toured the Community Food Bank of Southern Arizona and the PCHD East Clinic to learn more about the services available to the community.

## Outreach

On July 27 and August 3, the newly-trained BMAAT Community Health Promoters conducted community outreach for Bhutanese families in Tucson. Over 100 community members participated to receive culturally appropriate information about food groups, healthy eating, and family programs offered by PCHD. In September, the BMAAT Community Health Promoters hosted additional community outreach focused on diabetes prevention and care, reaching another 100 Bhutanese community members. Diabetes is a major health concern among the Bhutanese due to prolonged dietary constraints during up to 20 years spent in the refugee camps in Nepal and the unfortunate influence of unhealthy food choices upon resettlement in the United States. BMAAT hopes this project will promote preventive behaviors in the community as well as improve proper diabetes management and care for

those already diagnosed with diabetes.

## Shared learning

The project has been a positive learning experience for the community in Tucson. Bhutanese community members have been connected to local resources and have received culturally tailored curriculum on nutrition and diabetes. Enrollment of the Bhutanese in PCHD



**Community Health Promoter Keshab Timsina leads an outreach event at Martha Cooper Library in Tucson.**

programs has increased. The BMAAT Community Health Promoters have built their own knowledge and skills and formed new relationships within the community. As with the first group of BMAAT members trained in women's health promotion, these Community Health Promoters are now regarded by their peers as reliable, key community resources. The project was also designed to

impact the PCHD staff. Staff members have gained new knowledge about refugee populations and valuable cross-cultural skills to better assist refugee clients.

## Replicating the model

This project is funded by a small grant from the Arizona Area Health Education Center (AHEC). It is a continuation of the community-based initiative that began in fall 2011 and launched the partnerships with BMAAT and PCHD. Dr. Karen Heckert and graduate scholar Deirdre Demers led the initial project to train six BMAAT Community Health Promoters in women's health, including breast and cervical cancer screening. The Refugee Integrated Service Provider Network of Tucson (RISP-Net) has expressed interest in helping to sustain and replicate this community capacity building model to reach other refugee communities in Tucson. The UA College of Public Health team has been carefully documenting the community-led process for this project model and will continue to offer technical support with future projects.

For more information on this project, please contact Dr. Karen Heckert at [kheckert@email.arizona.edu](mailto:kheckert@email.arizona.edu) or Kristen O'Flarity at [koflarity@email.arizona.edu](mailto:koflarity@email.arizona.edu).

## New Language Access materials

The Arizona Health Alliance for Language Access Rights (AHALAR) has developed several new materials to increase awareness of Language Access rights and improve access to interpretation services. AHALAR is a group of professionals led by the Arizona Health Disparities Center devoted to creating and sustaining a welcoming environment for limited English proficient individuals in Arizona. The new materials include 'I Speak' Cards in 11 languages, a Language Identification List for service

providers, and 'Know Your Language Access Rights' Fact Sheets for patients/clients and providers.

Electronic versions of the materials are available and printed copies can be ordered free of charge at <http://azdhs.gov/hsd/health-disparities/campaign-initiatives/language-access/index.php?pg=resources>.

For additional information and resources, visit the Arizona Health Disparities Center website at [www.AZminorityhealth.gov](http://www.AZminorityhealth.gov).

LANGUAGE IDENTIFICATION LIST			
	Amharic አማርኛ		Korean 한국어
	Arabic العربية		Mandarin 普通话 / 官话
	Bosnian Bosanski		Nepali नेपाली
	Burmese မြန်မာစာ		Russian Русский
	Cantonese 廣東話		Somali Soomaaliga
	Croatian Hrvatski		Spanish Español
	Czech Česky		Swahili Kiswahili
	Danish Dansk		Tagalog Tagalog
	French Français		Thai ไทย
	German Deutsch		Vietnamese Tiếng Việt
	Hindi हिन्दी		Turkish Türkçe
	Igbo Igbo		Urdu اردو
	Kinyarwanda Kinyarwanda		Yiddish יידיש
	Kisumu Kisumu		Zulu Zulu
	Kshatru Kshatru		Yaw Yaw

Please point to your language. We will arrange a qualified interpreter at no cost to you.

## Key changes in health coverage for refugees

Beginning next year, there will be changes in health coverage available to refugees. This includes changes to AHCCCS, Refugee Medical Assistance, as well as private health insurance. Starting in 2014, having health insurance coverage will become mandatory. When it is time to file taxes, those who cannot prove that they had health insurance coverage during the previous year will be forced to pay a penalty. For this reason, it is important that refugees know what coverage options are available and how to access them.

### Medicaid restoration

Arizona has elected to restore Medicaid (AHCCCS). This means that all refugees and asylees, including adults without dependent children, who meet income requirements will now be eligible for AHCCCS. Those who already have AHCCCS will not need to do anything. Arizonans who are newly eligible can begin enrolling in AHCCCS today on the new Health-e-Arizona Plus website: [www.healthearizonaplus.gov](http://www.healthearizonaplus.gov), with their coverage beginning on January 1, 2014. Some changes to the plans next year will include improved preventive care services such as vaccinations for adults and annual wellness checkups with no co-pay. Additionally, new process improvements will help save time for case managers. For example, AHCCCS renewal applications will now only be required once every 12 months. Contact the AHCCCS Plans for more information.

Income eligibility limit for:			
Household Size	AHCCCS	Marketplace Cost Sharing Reduction	Marketplace Premium Tax Credits
1	\$15,856	\$28,725	\$45,960
2	\$21,403	\$38,775	\$62,040
3	\$26,951	\$48,825	\$78,120
4	\$32,499	\$58,875	\$94,200
5	\$38,046	\$68,925	\$110,280
6	\$43,594	\$78,975	\$126,360

### Refugee Medical Assistance Program

With the restoration of Medicaid, many refugees who would previously not be eligible for AHCCCS will now be eligible upon arrival. In light of this, the Refugee Medical Assistance Program (RMAP) will be changing beginning January 1, 2014. RMAP will still be available for 8 months for refugees who can prove they are ineligible for AHCCCS. RMAP will continue to offer health coverage as usual through December 31, 2013.

### Federal Health Insurance Marketplace

Individuals who do not have health insurance through an employer or through AHCCCS can purchase private health insurance on the Federal Health Insurance Marketplace at [www.healthcare.gov](http://www.healthcare.gov). Individuals and families can purchase insurance through the Marketplace today, with

coverage beginning on January 1, 2014. For more information or help using the Marketplace, contact your local [Community Health Center](#) or the [Greater Phoenix Urban League](#).

### Videos for refugees

The Office of Refugee Resettlement has produced a video to explain the health care changes to refugees. The video is available in English, Arabic, Kinyarwanda, Nepali, Sgaw Karen, and Somali. To view the video, please visit <http://www.acf.hhs.gov/programs/orr/health>.

### Spread the word

Remember! It is important to stay informed and help spread the word within refugee communities about these upcoming changes in health care.

## Research Spotlight

Perceptions of obstetrical interventions and female genital cutting: insights of men in a Somali refugee community. 2013 Aug 20. Johnson-Agbakwu CE, Helm T, Killawi A, Padela AI. *Ethn Health*. <http://www.ncbi.nlm.nih.gov/pubmed/23961882>

Physical and Mental Health Status of Iraqi Refugees Resettled in the United States. 2013 Aug 20. Taylor EM, Yanni EA, Pezzi C, Guterbock M, Rothney E, Harton E, Montour J, Elias C, Burke H. *J Immigr Minor Health*. <http://www.ncbi.nlm.nih.gov/pubmed/23959695>

Primary Prevention for Resettled Refugees from Burma: Where to Begin? 2013 Jul 17. Haley HL, Walsh M, Tin Maung NH, Savage CP, Cashman S. *J Community Health*. <http://www.ncbi.nlm.nih.gov/pubmed/23861032>



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### >> Call for Submissions <<

If you have any events, stories or photos you would like to share on the Arizona Refugee Health Newsletter, please submit them to [Zachary.Holden@azdhs.gov](mailto:Zachary.Holden@azdhs.gov) !

## Upcoming Events

**Saturday, November 2, 2013—Community Health and Wellness Fair, The Parsons Center for Health and Wellness**  
10:00 AM—2:00 PM at 1101 N. Central Ave Ste. 204, Phoenix, AZ  
Celebrate the opening of The Parsons Center for Health and Wellness. This event will feature health information, activities, entertainment, food, and fun for the entire community.

**Thursday, November 7, 2013—9th Annual Experience Interfaith, Arizona Interfaith Movement**  
5:30 PM—Check-in and Reception, 6:15—Dinner and Program at Heritage Square Park, 115 N. 6th St, Phoenix, AZ  
Experience Interfaith is a community-building event in which attendees can expand their understanding of different faith traditions. The theme for this year's event is *Building Bridges of Understanding and Respect*.

**Thursday, November 7, 2013—Food for Thought Dinner, Iskashitaa**  
6:00 PM—8:00 PM at Pho 88, 2744 N. Campbell Ave, Tucson, AZ  
Pho 88 is a restaurant owned by a Vietnamese refugee family. Join Iskashitaa in supporting the refugee community, engaging in cross-cultural conversations, and enjoying delicious Vietnamese food.

**Friday, November 8, 2013—Refugee Patient Education Class, RWHC**  
1:30 PM—4:30 PM at MIHS Auditorium 4, 2601 E. Roosevelt St, Phoenix, AZ  
This class is open to patients of the Refugee Women's Health Clinic (RWHC) and covers topics such as prenatal care, access to care, labor and delivery processes, comfort at birthing, infant care, car seat safety, and healthy homes.

**Friday, November 8 to Sunday November 10, 2013—19th Annual Arizona Asian Festival, Arizona Asian American Association**  
Fri 6:00 PM—10:00 PM, Sat & Sun 10:00 AM—6:00 PM at Mesa Arts Center, 1 E. Main St, Mesa, AZ  
Experience the diversity of cultures and rich traditions of Asia at this free festival. The event will feature performances, ethnic foods, educational exhibits, crafts, and vendors.

**Saturday, November 16, 2013—Thanksgiving Celebration, TIARC**  
5:30 PM—7:30 PM at Trinity Presbyterian Church, 400 E. University Blvd, Tucson, AZ  
Community members are invited to attend the 2013 Thanksgiving Celebration, hosted by TIARC and other refugee community organizations. Please bring some food to share (TIARC will prepare turkey). RSVP 520-881-4404.

For additional events and contact information, please refer to the calendar at [AZrefugeehealth.org](http://AZrefugeehealth.org).

## Funding Opportunities

### Grant—Whiteman 4G Foundation

Amount: as needed  
Eligibility: Nonprofit organizations in Maricopa County that focus on addressing the basic needs (i.e. health, food, clothing and education) of children age 0-12.  
Applications are by invitation only.  
Deadline: November 13, 2013  
<http://whitemanfoundation.com/4g/>

### Grant—Toyota Motor Engineering & Manufacturing, North America, Inc., Toyota Technical Center (TTC)

Amount: as needed  
Eligibility: Programs focused on education (specifically math and science), environment and safety, as well as programs that enrich the lives of children, families and the communities within Maricopa County (one of 3 counties).  
Deadline: December 1, 2013  
<http://www.toyota.com/about/philanthropy/guidelines/index.html>

### Exploratory/Developmental Research Grant Award—National Institutes of Health (NIH)

Amount: up to 275,000  
Eligibility: Institutions/organizations that propose to conduct research to reduce health disparities among minority and underserved children. Suggested research areas include: biobehavioral studies of factors that influence child health disparities, studies that target specific health promotion needs of children with known illness and/or disability, and studies that test and evaluate comparative effectiveness of health promotion interventions.  
Deadline: January 7, 2014  
<http://grants.nih.gov/grants/guide/pa-files/PA-11-105.html>

### Grant—Rite Aid Foundation

Amount: as needed, previous awards range from 10,000 to 45,000  
Eligibility: Programs focused on improving the health and well-being of children.  
Deadline: January 15, 2014 (quarterly)  
<https://www.riteaid.com/about-us/rite-aid-foundation>

### Grant—Safeway Foundation

Amount: 10,000 to 25,000  
Eligibility: Projects that address one or more of the priority areas: hunger relief, education, health and human services, and assisting people with disabilities.  
Deadline: January 2014 (quarterly)  
<http://www.safewayfoundation.org/get-funded/index.html>

### Corporate Contributions—Salt River Project

Amount: as needed  
Eligibility: Programs in Arizona focused on one of the following areas: arts and culture, health and human services, civic leadership, environmental quality, or education.  
Deadline: rolling  
<http://www.srpnet.com/community/contributions/>

### Foundation Grant—Amgen

Amount: minimum of 10,000  
Eligibility: One of the three funding areas is improving quality of care and access for patients. Programs aimed at promoting patient empowerment or reducing health care disparities/ health inequalities are given priority.  
Deadline: rolling  
[http://www.amgen.com/citizenship/apply\\_for\\_grant.html](http://www.amgen.com/citizenship/apply_for_grant.html)